

U.S. PATENT DOCUMENTS

4,893,291	A	1/1990	Bick et al.	
5,006,985	A	4/1991	Ehret et al.	
5,197,489	A	3/1993	Conlan	
5,230,629	A	7/1993	Buschke	
5,259,390	A	11/1993	MacLean	
5,304,212	A	4/1994	Czeisler et al.	
5,348,370	A	9/1994	Fukuoka	
5,433,223	A	7/1995	Moore-Ede et al.	
5,566,067	A	10/1996	Hobson et al.	
5,568,127	A	10/1996	Bang	
5,570,698	A	11/1996	Liang et al.	
5,573,013	A	11/1996	Conlan	
5,585,785	A	12/1996	Gwin et al.	
5,595,488	A	1/1997	Gozlan et al.	
5,647,633	A	7/1997	Fukuoka	
5,682,144	A	10/1997	Mannik	
5,682,882	A	11/1997	Lieberman	
5,689,241	A	11/1997	Clarke, Sr. et al.	
5,691,693	A	11/1997	Kithil	
5,720,294	A	2/1998	Skinner	
5,762,072	A	6/1998	Conlan et al.	
5,813,993	A	9/1998	Kaplan et al.	
5,911,581	A	6/1999	Reynolds et al.	
5,995,868	A	11/1999	Dorfmeister et al.	
6,066,092	A	5/2000	Cady et al.	
6,070,098	A	5/2000	Moore-Ede et al.	
6,113,538	A	9/2000	Bowles et al.	
6,241,686	B1	6/2001	Balkin et al.	
6,287,262	B1	9/2001	Amano et al.	
6,419,629	B1	7/2002	Balkin et al.	
6,527,715	B2	3/2003	Balkin et al.	
6,530,884	B2	3/2003	Balkin et al.	
6,553,252	B2	4/2003	Balkin et al.	
6,579,233	B2	6/2003	Hursh	
6,740,032	B2	5/2004	Balkin et al.	
6,743,167	B2	6/2004	Balkin et al.	
7,118,530	B2 *	10/2006	Hursh et al.	600/300
2003/0018242	A1	1/2003	Hursh et al.	
2005/0177031	A1	8/2005	Hursh	

FOREIGN PATENT DOCUMENTS

JP	2739725	B2	4/1998
WO	WO 88/10091		12/1988
WO	WO 90/00777		1/1990

OTHER PUBLICATIONS

Petz, B., et al., "Studies of Psychophysiological and Temporal Conditions of Work," Archives of Industrial Hygiene and Toxicology, Dec. 1999, pp. 405-421, vol. 50, No. 4.

Proctor, S., et al., "Effect of overtime work of cognitive function in automotive workers," Scandinavian Journal of Work, Environment & Health, Apr. 1996, pp. 124-132, vol. 22, No. 2.

Akerstedt et al., "Subjective and Objective Sleepiness in the Active Individual," International Journal of Neuroscience, 1990, vol. 52, pp. 29-37.

Angus et al., "Effects of Sleep Loss on Sustained Cognitive Performance During a Command and Control Stimulation," Behavior Research Methods, Instruments, & Computers, 1985, vol. 17, No. 1, pp. 55-67.

Beersma, Domien G. M., "Models of Human Sleep Regulation," Sleep Medicine Reviews 1998, vol. 2, No. 1, pp. 31-43.

Belenky et al., "Sustaining Performance During Continuous Operations: The U.S. Army's Sleep Management System," Proceedings of the Army Science Conference, 1996, pp. 1-5.

Bonnet, M. H., "Sleep Restoration as a Function of Periodic Awakening, Movement, or Electroencephalographic Change," Sleep, 1987, vol. 10, No. 4, pp. 364-373.

Colburn et al., "An Ambulatory Activity Monitor with Solid State Memory," paper presented at the 13th Annual Rocky Mountain Bioengineering Symposium and 13th International ISA BioMedical

Sciences Instrumentation Symposium (Instrument Society of America), May 3-5, 1976, pp. 117-122.

Cole et al., "Automatic Sleep/Wake Identification from Wrist Activity," Sleep, 1992 vol. 15, No. 5, pp. 461-469.

Dinges et al., "Cumulative Sleepiness, Mood Disturbance, and Psychomotor Vigilance Performance Decrements During a Week of Sleep Restricted to 4-5 Hours per Night," Sleep, 1997, vol. 20, No. 4, pp. 267-277.

Dinges et al., "Principles and Guidelines for Duty and Rest Scheduling in Commercial Aviation," NASA Technical Memorandum 110404, May 1996, pp. 1-10.

Dijk et al., "Paradoxical Timing of the Circadian Rhythm of Sleep Propensity Serves to Consolidate Sleep and Wakefulness in Humans," Neuroscience Letters, vol. 166, No. 1, pp. 63-68.

Edgar et al., "Effect of SCN Lesions on Sleep in Squirrel Monkeys: Evidence for Opponent Processes in Sleep-Wake Regulation," Journal of Neuroscience, Mar. 1993, vol. 13, No. 3, pp. 1065-1079.

Fischler, Benjamin, "Review of Clinical and Psychobiological Dimensions of the Chronic Fatigue Syndrome: Differentiation from Depression and Contribution of Sleep Dysfunctions," Sleep Medicine Reviews, 1999, vol. 3, No. 2, pp. 131-146.

Fletcher et al., "A Predicative Model of Work-related Fatigue Based on Hours of Work," Journal of Occupational Safety, 1997 vol. 13, No. 5, pp. 471-485.

Goldstein, Harry, "Resetting the Circadian Clock," The Pennsylvania Gazette, May 1999 (printed from http://www.upenn.edu/gazette/0599/goldstein.html_and_goldstein2.html on Oct. 18, 2000).

Hendy et al., "Combining Time and Intensity Effects in Assessing Operator Information-Processing Load," Human Factors, 1997, vol. 39, No. 1, pp. 30-47.

Hockey, G. Robert J., "Compensatory Control in the Regulation of Human Performance under Stress and High Workload: A Cognitive-energetical Framework," Biological Psychology, 1997, vol. 45, pp. 73-93.

Hoddes et al., "Quantification of Sleepiness: A New Approach," Psychophysiology, Jul. 1973, vol. 10, No. 4, pp. 431-436.

Johns, Murray, "Daytime Sleepiness, Snoring, and Obstructive Sleep Apnea: The Epworth Sleepiness Scale," Chest, Jan. 1993, vol. 103, No. 1, pp. 30-36.

Johns, Murray, "Rethinking the Assessment of Sleepiness," Sleep Medicine Reviews, 1998, vol. 2, No. 1, pp. 3-15.

Kripke et al., "Wrist Actigraph Measures of Sleep and Rhythms," Electroencephalography and Clinical Neurophysiology, 1978, vol. 44, pp. 674-676.

Lawlor, Maryann, "Personal Physiological Monitors Find Warfighter-Effectiveness Edge," Signal, Aug. 2000, vol. 54, No. 12, pp. 47-50.

Lubin et al., "Effects of Exercise, Bedrest and Napping on Performance Decrement During 40 Hours," Psychophysiology, vol. 13, No. 4, pp. 334-339.

Mitler et al., "Methods of Testing for Sleepiness," Behavioral Medicine, 1996, vol. 21, pp. 171-183.

Monk et al., "A Parallelism between Human Body Temperature and Performance Independent of the Endogenous Circadian Pacemaker," Journal of Biological Rhythms, Apr. 1998, vol. 13, No. 2, pp. 113-122.

Newhouse et al., "Stimulant Drug Effects on Performance and Behavior After Prolonged Sleep Deprivation: A Comparison of Amphetamine, Nicotine, and Deprenyl," Military Psychology, 1992, vol. 4, pp. 207-233.

Newhouse et al., "The Effects of *d*-Amphetamine on Arousal, Cognition, and Mood After Prolonged Total Sleep Deprivation," Neuropsychopharmacology, 1989, vol. 2, No. 2, pp. 153-164.

Penetar et al., "Amphetamine Effects on Recovery Sleep Following Total Sleep Deprivation," Human Psychopharmacology, 1991, vol. 6, pp. 319-323.

Priest, Dana, "War and Sleep," The Washington Post Magazine, Nov. 19, 2000, pp. 16-20, 26-28.

Redmond et al., "Observations on the Design and Specifications of a Wrist-Worn Human Activity Monitoring System," Behavior Research Methods, Instruments, & Computers, 1985, vol. 17, Issue 6, pp. 659-669.